



# *Holiday Park Hi-Lites*

*It is Grand to be 55+ in Montgomery County!*

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**June 2021**



## ***Reopening June 14th***

We are happy to bring back many of the classes and programs you have enjoyed. However, some classes and programs will not return until the fall.

Please note  
Masks required within the facility.



Holiday Park Senior Center  
3950 Ferrara Drive, Wheaton, MD 20906  
Phone: (240) 777-4999

Center Hours:  
Monday thru Friday 8:45 a.m. - 4:00 p.m.



**The monthly Hi-Lites is sponsored by HPSI (Holiday Park Seniors, Inc.)**

## Opening Week Special Events 6/14– 6/18

### **Flag Day Celebrations with Patriotic Music (1:30– 2:30 pm)**

**Mon., June 14**

Come and enjoy patriotic music sung by Steffi Phelan. Enjoy the light refreshments . Free.  
Activity # 127080. Drop-ins welcome.

### **Food Demo with Dietitian Rhonda Beth Brandes (11:00– 12:00 pm)**

**Tue., June 15**

It is all about veggies and fruits. Come join Rhonda Brandes, RD, LDN Montgomery County Senior Nutrition Program, as she share her knowledge on good nutrition of summer fruits and vegetables. Enjoy the food Demo with Watermelon, Feta and Blueberries.  
Activity # 12840. Drop-ins welcome.

### **Indian Folk Dance Performance (1:30– 2:30 pm)**

**Tue., June 15**

Join Padma Kapadia as she leads you with Indian Folk Dancing. Enjoy this fun filled afternoon with light Indian refreshments. Free.  
Activity # 127081. Drop-ins welcome.

### **Movie: MaMMA MIA (1:30 pm)**

**Wed., June 16**

Sit, and relax to watch one of your favorite musical's while enjoying popcorn and soda. Starting Meryl Streep and Pierce Brosnan.  
Activity # 127082. Drop-ins welcome

### **Line Dance Social with Robin Marshall (1:30– 2:30 pm)**

**Thurs., June 17**

Join with your friends for an enjoyable afternoon of classical and contemporary line dances. No partners needed. Light refreshments available. Free.  
Activity # 127084. Drop-ins Welcome.

### **Father's Day Celebration with Darrin Carter (1:30– 2:30 pm)**

**Fri., June 18**

Enjoy songs by Darrin Carter as we celebrate Father's Day. Light referments will be served. Free.  
Activity #128041. Drop-ins welcome.

## Opening Week– Class Demos 6/14– 6/18



Tai Chi Sword with Wendy Lim

Mon., 6/14 at 2:30 pm

Yoga for Balance and Chair with Linda Smith, PhD

Tues., 6/15 at 10:00 am

Zumba Gold Advanced with Mitzi Gill

Wed., 6/16 at 10:00 am

As Easy As ABC with Matt Rundell

Thurs., 6/17 at 11:00 am

Line Dance Party Favorites with Robin Marshall

Thurs., 6/17 at 12:00 pm

International Folk Dance with Sharon Katz

Fri., 6/18 at 11:00 am

# Classes and Drop-in Activities

To register please email: [HolidayParkSeniors@outlook.com](mailto:HolidayParkSeniors@outlook.com) or call: 240-777-6896

## Fitness and Dance

### AS EASY AS ABC... Exercise Class

Taught by Matt Rundell. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights used. Please bring your own weights to the class.

<b>Beg.</b>	Thu	6/24- 8/19	12-12:50pm	Free/HPSI
<b>Adv.</b>	Thu	6/24- 8/19	11-11:50 am	Free/HPSI

### EASY FIT DANCING

Taught Marcia Young. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights to the class. **Begins: Mon. 7/12 & Thurs. 7/8.**

Mon	Ongoing	1:00-1:50pm	Free/HPSI
Thu	Ongoing	1:00-1:50pm	Free/ HPSI

### CHAIR DANCE– Virtual

Taught by Sharon Katz. Chair Dancing is designed for adults who need to use a chair for extra support while they have fun exercising to music. **No class: 7/1.**

Thu	6/24-7/29	1-1:50pm	Free/ HPSI
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### HATHA YOGA FOR ALL– Virtual

Taught by Debbie Helfeld. This class is designed to help us stay healthy as we age. It focuses on good posture, balance, core strength, bone strength, flexibility, breathing and some meditation.

Tue	6/17- 8/17	9-9:50am	Free/ HPSI
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### HULA DANCE (Beginner)

Taught by Dawn Felsen. A class that will teach the mechanics of Hula dance steps & hand movements. Students will also, learn the history and the terminology of Hula.

Mon	6/21- 8/16	2- 2:50pm	Free/ HPSI
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### HULA INTERMED. CHOREOGRAPHY

Taught by Dawn Felsen. This class will focus on advancing the techniques learned in the beginner Hula course. Additional vocabulary and terminology will be discussed along with the use of Hula implements. Two additional choreographies will be taught; one in English and one in the Hawaiian language.

Mon	6/21- 8/16	1- 1:50pm	Free/ HPSI
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### INTERNATIONAL FOLK DANCING

Taught by Sharon Katz. Easy and fun dances from around the world. No previous experience is needed. **No class: 7/2.**

Fri	6/25-7/30	11-11:50am	Free/ HPSI
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### LINE DANCE– PARTY FAVORITES

Taught by Robin Marshall. Learn classic party line dances as well as the latest contemporary favorites. Join in the fun. No dance experience is needed. Great exercise.

Thu	6/24-7/29	11-11:50am	Free/ HPSI
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### TAI CHI SWORD

Taught by Wendy Lim. An ancient form of exercise. This class is designed for students with some experience. **Begins: 6/21.**

Mon	Ongoing	2:30-3:25pm	Free
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### TAP DANCING

Taught by Denise Love. A fun style of dance that anyone can learn, regardless of previous dance experience. Beginning tap dance classes focus on learning single tap steps, then incorporating the steps into series of combinations.

Wed	7/21-9/1	1-1:50pm	Free/ HPSI
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### YOGA FOR BALANCE

Taught by Linda Smith, Ph.D. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

Tue	6/22- 8/17	10-10:50am	Free/ HPSI
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### YOGA (CHAIR)

Taught by Linda Smith, Ph.D. Low impact using bands to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses.

Tue	6/22- 8/17	11:15-12:05pm	Free/ HPSI
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### YOUR BODY IS MEANT TO MOVE

Taught by Regine Clermont. Exercises balance & strength with balls, bands and weights. Seated & standing movements for people with varying abilities and physical limitations. Please make sure to bring your own weights and other equipment for the classes.

<b>Basic</b>	W	6/23- 8/18	11:11:50am	Free/HPSI
<b>Inter.</b>	M	6/21-8/16	10-10:50am	Free/HPSI

# Classes and Drop-in Activities

To register please email: [HolidayParkSeniors@outlook.com](mailto:HolidayParkSeniors@outlook.com) or call: 240-777-6896

## ZUMBA

Taught by Tahirih Fusscas. All-body exercise with Latin rhythms to keep you balanced and give you strength.

Tue	7/6- 8/17	11-11:50am	Free/ HPSI
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## ZUMBA GOLD ADVANCED

With Mitzi of Rendezvous Dance and Fitness Studio. The original dance-fitness party.

Wed	6/23- 8/18	10-10:50am	Free/ HPSI
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## ZUMBA GOLD TONING

With Mitzi of Rendezvous Dance and Fitness Studio. Incorporates Gold workout with light weight training.

Fri	6/25- 8/20	10-10:50am	Free/ HPSI
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## Arts and Crafts

### CHINESE BRUSH PAINTING

Taught by Peihua Chiang (Nicki). Learn the basics and explore how to paint flowers, birds and small animals.

Thu	7/8-8/19	1-2:50pm	Free/HPSI
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### KNIT & CROCHET WORKSHOP

Led by Shirley McIntosh and Carma Wilson. The *Holiday Park Yarn Group* makes a variety of knitted and crocheted items for area charities. Drop-in.

Wed	Ongoing	10-11:30am	Free
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### WOODCARVING

Led by Val Hildebrand. Experienced hobbyists offer instruction. Drop-in.

Fri	Ongoing	1:00-2:55pm	Free
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## Language Classes

### EVERYDAY ENGLISH

Vocabulary and conversational English to help you get comfortable in everyday conversation. Begins: **Tue., 6/22 & Thu., 6/24.**

Basic w/ Deb	Tue.	Ongoing	10:00-10:55am	Free
Basic w/ Deb	Thu	Ongoing	10:00-10:55am	Free

## FRENCH: BASIC & INTERMEDIATE

Taught by Gilles Gouin. Learn and practice your French.

Basic	Wed	7/7- 8/18	9:30-10:20am	Free/ HPSI
Int.	Wed	7/7- 8/18	10:30-11:20am	Free/HPSI

## FRENCH (CONVERSATION)

Taught by Gilles Gouin. Practice your French by holding conversations in French.

Wed	7/7- 8/18	11:30-12:20pm	Free/ HPSI
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## INTRO. TO HINDI

Taught by Uma Mani. Learn basic conversational skills in Hindi including greetings and introductions, everyday words, numbers and many more.

Mon	6/21-8/16	11:00-11:50am	Free/ HPSI
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## Games

### BRIDGE (Open Party)

Partners not required. Drop-in. **Begins: Fri. 6/18.**

Fri	Ongoing	Sign-in at 12:45pm	Free
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### SCRABBLE

Ray Greene hosts. Drop-in board game. **Begins: Wed., 6/16.**

Wed	Ongoing	1:00pm	Free
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## Special Interests

### BEHIND THE HEADLINES

Gerald Schneider, PhD will facilitate this drop-in discussion. **Begins: Mon., 6/21**

Mon	ongoing	10:00-11:25am	Free
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### PHOTOGRAPHY CLUB

The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month. Drop-in.

Wed	7/7	10:00-12pm	Free
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### WRITING GROUP

Writing group led by Ray Greene where you can share your written work with other peers. Drop-in. **Begins: Fri., 6/18.**

Fri	Ongoing	10:00-11:25am	Free
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## ACTIVE LIVING VIRTUAL DISCUSSION GROUPS– Chinese & Spanish

Join us to discuss about our life experiences, challenges and options faced at present times. The discussion groups are facilitated by Qi (Adele) Hu in Chinese and Dolores Ustrell in Spanish. The discussion group in Spanish will be a hybrid program; meeting in person as well as virtual. To receive information about the discussion topics and how to register please visit Active Montgomery Activities: **Chinese: 118949 and Spanish: 118934.**

Chinese	Fri	6/11– 8/20	11:00-11:55am	Free
Spanish	Mon	6/14– 8/16	9:30- 10:25am	Free

## Music Through Ages

**Thurs., June 3rd to June 24th, 3:00 - 4:00pm**



Join us via Zoom to share conversation and music with students from Link Generations. Music plays an important role in the lives of most peoples. Chances are there is a song or two that sparks fond memories. Share that song with the group and we will listen to it together. Music selections will change weekly.

**To register please Visit Active Montgomery: Active 120251**

This program is sponsored by HPSI in collaboration with Montgomery County recreation.

## Senior Safety Forum

11th Annual  
Montgomery County

RECOGNIZING  
& SUPPORTING  
WORLD ELDER ABUSE  
AWARENESS DAY  
& MARYLAND  
PROTECT WEEK

**TUESDAY  
JUNE 15**  
Proven  
Strategies for  
Senior Safety  
10 - 11:30 a.m.

**FRIDAY  
JUNE 18**  
Red Flags  
of Abuse  
10 - 11:30 a.m.

**WEDNESDAY  
JUNE 16**  
Combatting Elder  
Abuse through  
Community  
Connections  
10 - 11:30 a.m.

CLICK HERE TO REGISTER ONLINE

<https://weaad2021mc.eventbrite.com>

Join us for a series of informative and fun, live stream seminars discussing Safety and Social Connection during a pandemic and beyond! Each session includes active audience participation throughout and Q & A opportunities from your local Montgomery County Government Officials.

**WEBINARS | RESOURCES | MUSIC | YOGA | MEDITATION**

HOSTED BY THE  
Montgomery County  
Elder/Vulnerable  
Adult Abuse Task Force

DHHS  
DEPARTMENT OF  
HUMAN SERVICES  
MONTGOMERY COUNTY  
HEALTH SERVICES  
MONTGOMERY COUNTY  
GOVERNMENT OFFICIALS

SPONSORED BY  
MONTGOMERY  
Recreation

Interpreters and other auxiliary aids available upon request, preferably at least three (3) business days before the event. Any questions, call 240-777-1841 (V) or MD Relay at 711 or email: WEAAD@montgomerycountymd.gov

## Senior Safety Forum - Virtual

Join these virtual senior safety forums on June 15th, 16th and 18th. More information on the flyer to your left.

**To Register go to:**

<https://weaad2021mc.eventbrite.com>

## Health and Wellness Services

**MEDICAL EQUIPMENT LOAN CLOSET** - Wheelchairs, walkers, some canes and commodes are usually available for short term loan. Fee \$5.00 for up to 3 months, except wheelchairs (\$10.00 per month with a \$50.00 refundable deposit). Check with our Reception Desk staff to verify availability of equipment.



### COUNSELING SUPPORT GROUPS

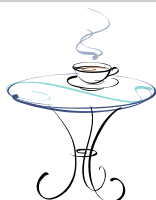
**COPING WITH CHANGE** - Thursdays 10:30—11:25 am.

Led by social worker Stephanie Svec, LCPC. Drop-in. Free. Individual appointments for consultations available at 11:30 am. Call 301-572-6585 x 2104 for appointments.

**MAX YOU - MAXIMIZE THE QUALITY OF LIFE** - Tuesdays 10:30—11:25 am.

Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.

## Center Services



**THE Cafe**  
*Opening this Fall*



**THE GIFT SHOP**  
*Opening this Fall*

### OPEN GYM—FITNESS ROOM

Open Monday through Friday, from 9 am until closing. Drop-in. Patrons are strongly encouraged to take a Fitness Room Orientation to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation and Fitness Room Strength Training for closed times.

### SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

Appointments available at HPSC with Anita Josephs. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, provide housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.

### PING PONG ROOM

On our second floor. Three tables to enjoy a good ping-pong match with a friend. Open daily. Drop-in.

### PLANT ROOM

Plant room opening soon. More details to come.

### POOL/BILLIARD ROOM

Open daily. Keep your attention sharp and your accuracy skills on target as you enjoy a good time with other players. Drop-in.



## Center & County Services

### General Information and Policies

**HOLIDAY PARK SENIOR CENTER** is open to adults aged 55 and over.

#### **HPSI SCHOLARSHIPS**

Scholarships of \$200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSC staff for an application.

#### **SENIORS WITH DISABILITIES**

The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6870, TTY 240-777-6974.

#### **HPSI CLASS REGISTRATION INFORMATION**

To register for free HPSI classes and programs please email: [HolidayParkSeniors@outlook.com](mailto:HolidayParkSeniors@outlook.com) or call: 240-777-6896. Please leave your name, phone number, email and the classes and programs that you would like to attend.

### Senior Nutrition Program

**Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon!** A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$5.72). Please make or cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.



\*\*\*Please bring exact change to make your donation!! \*\*\*\*\*

### Transportation Options For Older Adults

#### **JCA Curb-to-curb transportation**

Transportation is available Monday-Thursday to the Center. Please call 240-777-4961 for reservations, and leave your name and telephone number. Our staff will return your call. *Leisure World residents*, please call Robin at 301-255-4214.

#### **Senior Connection**

Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers primarily to medical appointments. Call 301-962-0820.

#### **Connect-A-Ride**

A free information and referral program that helps adults age 50 or older and disabled adults of all ages find transportation for travel to medical services, grocery shopping, errands and social activities. Call 301-738-3252 or 301-881-5263 (TTY).

**Holiday Park  
Senior Center Directory:**

Dolors Ustrell,  
Center Director

Gayathri Aluvihare,  
Assistant Center Director

**Staff:**

Justin Arias

Arthur Clemmer

Clara De La Rosa

Gail Jacobson

Alina Johnson-Weider

Anita Knox

**Holiday Park Seniors,  
Inc. (HPSI)**

Judy Houseknecht,  
Administrator

Merle Biggin,  
Treasurer

**Board Members:**

Ethelyn DeStefano

Joyce Dubow

Carol Mamon

**Follow us on  
Facebook  
@HolidayParkSeniors**

## LINE DANCE SOCIALS



**Fri., 6/25 and 7/9, 1:00– 2:30 pm  
with  
Robin Marshall**

Join with your friends for an enjoyable afternoon of classic and contemporary line dances. No partner needed.  
Light refreshments available. Free.

## Two Cards Make Holiday Park Count

### HPSI MEMBERSHIP

Membership will resume January 1st, 2022. This \$20.00 a year Card allows you to receive reduced rates for classes and programs as well as entrance to special Holiday Park events. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons

### THE REC CARD

Have you requested your card yet? We just updated our system, so we need your information! This free card lets Montgomery County's Recreation Department keep track of our facility use and supports both program and staff budget requests **This card is FREE**. Sign-up at the reception desk.